Vol. 59, No. 21

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

May 24, 2001



Energy Conservation

Fact of the week:

Fort Carson could save five percent of the energy used by air conditioners for every degree the thermostat setting was raised, if it's set between 70 degrees and 82 degrees.

Tip of the week:

When going on vacation or deployment, shut off or turn down automatic applicances such as your water heater and raise the thermostat on the air conditioner.

Feature



Fort Carson Safety Office gives tips on how to be safe during the 101 Days of Summer.

See page 14 and 15.

Happenings



One of the Western frontier's most important trading forts is near La Junta Bent's Old Fort. See Page B-1.

Post Weather hotline: 526-0096

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Crack down on registering POV on Mountain Post

by Spc. Jon Christoffersen Mountaineer staff

While driving around Fort Carson, enjoying the warm weather, listening to the radio, stop and think for a moment, "am I legal?"

In accordance with Army Regulation 190-5, a person who lives or works on a military installation or often uses the facilities is required to register his or her

All vehicles entering the post not having a valid Department of Defense decal or displaying an expired decal will be stopped and asked for appropriate identification. Any vehicle entering post during the hours of 10 p.m. to 4 a.m., with a current DOD decal, regardless of place of issue, will be allowed to enter Fort Carson, and will not be asked for ID cards.

According to Capt. Anthony Lang, Fort Carson deputy provost marshal, the reason for stressing vehicle registration is accountability.

"On average, 30,000 vehicles enter Fort Carson daily," Lang explained. "Only 40 percent of those vehicles are registered with us. If we pull a vehicle over and it's registered, we know who the owner is and what unit they're with."

During heightened installation security, all vehicles entering Fort Carson must be registered. Vehicles not registered will be delayed access to the installation.

He also said that temporary passes can and will be issued to personnel who only need to be on Fort Carson for a short period of time.

"We can issue temporary passes that are good for anywhere from one week to one year," Lang said. "This is for people who are on bowling leagues, golf course membership or are contracted to work here for a certain amount of time."

Lang said that in order to register a vehicle the owner of the vehicle must show a valid DOD ID card or

See Registration, Page 3

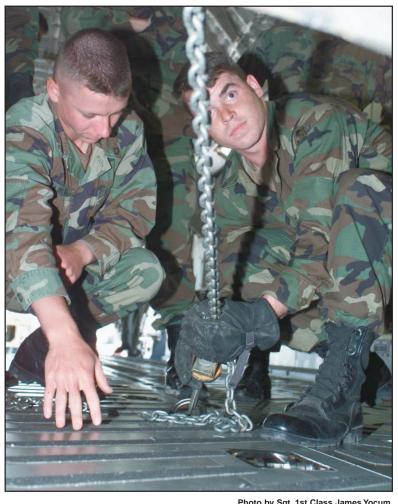


Photo by Sgt. 1st Class James Yocum

Down and dirty ...

Sergeant Branden Bodry (right) tightens a tie-down strap on a "Humvee" inside a C-17 at Peterson Air Force Base May 19 as Pfc. Jonathan Rawlings (left) assists. Bodry and Rawlings are two of more than 30 soldiers from Headquarters and Headquarters Battery, 3rd Battalion, 29th Field Artillery, 3rd Brigade Combat Team who took part in static-load training, which also included loading a fire-support vehicle. The aircraft came from the 728th Airlift Squadron out of McChord Air Force Base, Wash., specifically to train the unit in proper loading procedures. This is the second static load training the 3rd BCT has performed this month in preparation for assuming division-ready brigade status later this year.

Post firefighters make clean sweep

In the first jewel of the triple crown medical service calls, with three mass of the awards.

Of the FORSCOM installations entering the competition, Fort Carson placed first in Fire Department of the Year, Civilian Firefighter of the Year and the Heroism Award.

The Fort Carson fire department excelled in several areas. In 2000, they responded to more than 2,000 fire emergency calls, keeping the loss rate down to 1.4 percent, and 876 emergency

(Forces Command, Department of the casualty incidents, three lives saved and Army, Department of Defense), the Fort one childbirth. They were also involved Carson firefighters made a clean sweep in a rescue operation of a UH60 helicopter and of three teenagers from a 200-foot rockface in Dead Man's Canyon.

Wildfires, one of the dangers in dry locales like Colorado, were also handled by the Fire Department. Last year, there were 200 wildfires on Fort Carson property and about 20,000 acres were burned. Fast response and a program of

See Fire. Page 4

Fort Carson aims for lower energy costs

Fort Carson set a goal of reducing energy usage by 2 per cent. So far, this goal has not been reached, increasing the post's energy bill of more than \$2.6 million. To help reach the goal of reducing the Mountain Post's utility bills, the following procedures will take effect immediately.

As the humidity levels in the Colorado Springs area is low, the preferred methods of cooling are the use of natural ventilation, fans and evaporative coolers. Requests for use of air conditioning must be processed through the Directorate of Public Works and the Directorate for Environmental

See Conservation, Page 4

Early deadline notice: submissions due noon today

Due to the Memorial Day by noon today.

Also, due to an office get the June 7 edition must be in the May 31 edition must be in return of the public affairs that do not meet deadline will taineer editor, at 526-4144. detachment, submissions for be considered for publication.

For questions, contact holiday, all submissions for together to welcome the by noon, May 31. All articles Spc. Stacy Harris, Moun-

Commander's Corner

Be safe over Memorial Day weekend and summer



"It is the day we honor those who have fallen in combat before us."

Soriano

Memorial Day is a time set aside to remember all Americans who paid the ultimate price to ensure our freedom.

The holiday comes from a time following one of the darkest episodes in our nation's history. A devastated Virginia was the locale for a scene that touched the heart of the wife of a Union officer who inspired this day. In many locales in the South, all the men of military age were gone. When the Union General William Tecumseh Sherman troops marched up through the Confederacy, destroying all in their path, the women and children were terrified. Only the old men and boys too young to serve were left to defend the honor of those left behind. In many cases, the casualties were heavy.

Following the war, a teacher took the young girls from her school out to a cemetery where these men and boys were buried. They gathered wildflowers and put them on the graves to honor those who tried to defend the women from the ravages of war. The wife of one of the Union officers saw this and was so touched that she asked her husband to talk to the president about setting aside a day to honor all men and women who have fought honorably in service to a nation or cause they were dedicated to.

Monday is such a day. It is the day we honor those who have fallen in combat before us. They who have fought so we might be free. They who have

made the ultimate sacrifice that our freedoms would be secured. They who fought on American soil to gain their freedom, to ensure the unity of this nation, and overseas to ensure all people have the chance for life, liberty and the pursuit of happiness. We decorate their graves with flowers and flags to honor their memories. We need to honor their memory by not wasting our own lives needlessly.

Memorial Day weekend also marks the beginning of summer activities and one of the times of year when most accidents occur. The increase in outdoor recreational activities heightens the risk of becoming involved in an accident. The summer months have statistically shown an increase in the number of deaths and serious injuries as a result of motor vehicle and recreation accidents. Privately owned vehicle accidents continue to be the leading cause of soldier deaths. Excessive speed, fatigue and not wearing a seat belt are common factors in fatal automobile accidents.

Summer activities require more time on the road, traveling for vacation, to visit family and friends, sightseeing or for a day at the park. Trip planning, car maintenance, rest stops and common sense are good survival tools for use during this time of increased exposure. Using defensive driving skills could keep you from being the victim of another driver's mistakes.

Too often, what begins with high expectations of fun and sun ends in tragedy. When planning summer activities, such as swimming, boating and camping, make a quick risk assessment of the situation – identify the dangers, assess personal abilities and equipment requirements. A mental analysis of any endeavor could save your life or that of a family member or friend.

No one will be thinking of "Murphy's Law." That is, if something can go wrong, it will go wrong. Use common sense, think it through: what are the dangers and have I accounted for everything Murphy's Law can throw at me?

To increase safety awareness at the Mountain Post, I have designated Memorial Day weekend as the

beginning of Fort Carson's 101 Days of Summer Accident Prevention Campaign that runs through Labor Day. This is the most challenging part of the year for accident prevention. Our goal is to reach the end of Labor Day weekend without the loss of any member of the Mountain Post community. The needless loss of life by accident is unacceptable. Our goal is within reach; we must remember to plan safety into everything we do.

I realize that with the high operational tempo ongoing, more outdoor activities to enjoy, and the increase in motor vehicle traffic due to tourism in the area, this will be difficult. However, I am confident we can achieve this goal if we put our minds to it.

Have fun and remember to be safety conscious in all your activities. Use the following as your final checklist:

- Does someone know where you are and how long you will be gone?
- Do you have all the safety gear/equipment you might need with you?
- Have you read up on the areas you will be traveling to (weather, destination surroundings, etc.)?
- It is always best to have a partner the buddy
- Be conservative: don't attempt something when you are alone you haven't practiced.
- Never drink alcohol before participating in summer activities. You need to be alert all the time.
- Always have a backup safety plan. You never know when you may need it.
- Have you identified the hazards of the activities you are involved in and taken the appropriate measures to eliminate or decrease the hazard

By diligently observing these safety guidelines, the whole Mountain Post team will have a fun and safe summer.

Mission first ... people always .. one team. bayonet!

> Major Gen. Edward Soriano Commanding General 7th Infantry Division and Fort Carson

Shinseki sends Memorial Day and summer safety message

Memorial Day is the traditional beginning of the summer season and a time for outdoor fun, travel and family vacations. It is therefore appropriate to remind everyone to begin necessary training and planning to reduce unnecessary risks.

During the summer season last year, between Memorial Day and Labor Day, the Army recorded 108 off-duty privately-owned vehicles Accidents, 29 of which were fatalities.

We can prevent these tragic losses by taking the time to create awareness among soldiers and civilian employees of the risks associated with motor vehicle operation and summer activities.

More information on preventing

motor vehicle accidents and other accidents can be found on the safety center's website at http://safety.army.mil.

Boating, swimming, camping, cycling and other sports are popular outdoor summer activities that are also high-risk activities.

Commander and supervisor emphasis does make a difference. The riskmanagement process that we use daily in our training and operational events can help reduce risk in our off-duty activities as well.

Advise your soldiers and civilian employees to act responsibly at all times, to use their seat belts when operating motor vehicles and to avoid consuming alcoholic beverages when operating motor vehicles or participating in high risk activities.

Memorial Day is set aside to commemorate the sacrifices of soldiers and civilians who gave their lives in the defense of our country.

The real tragedy lies in recognizing too late that identifying and controlling hazards would have reduced risks and likely prevented accidents to those who served our country.

I urge all commanders to reiterate the importance of safety awareness and education prior to Memorial Day weekend and the summer season.

> Gen. Eric K. Shinseki Army Chief of Staff



Editor's note: See this weeks double truck for more safety tips, provided by the Fort Carson Safety Office.

MOUNTAINEER

Commanding General:

Maj. Gen. Edward Soriano

Public Affairs Officer:

Maj. Shelly Stellwagen

Chief, Command Communications: Douglas M. Rule

Happenings: Sports Writer: Staff writer:

Spc. Stacy Harris **Nel Lampe** Walt Johnson Spc. Jon Christoffersen Layout/graphics Shel Calhoun

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(719) 526-4144

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News

Registration

From Page 1

proof of a reason to be on Fort Carson, such as a membership card to the golf course or contract proving the individual is contracted to work here; vehicle registration; a valid state driver's license; proof of insurance for the vehicle; a Colorado emission sticker; and proof of motorcycle safety course completion, if registering a motorcycle. The Fort Carson Provost Marshal Office, Vehicle Registration Section, is providing registration services to the Fort Carson community at additional registration locations.

The time and locations for the additional registrations are:

Evans Army Community Hospital from 10 a.m. to 2 p.m. Mondays

Main Post Exchange from 10 a.m. to 2 p.m. Tuesdays

Evans Army Community Hospital from 10 a.m. to 2 p.m. Wednesdays

a.m. to 2 p.m. Thursdays
PX from 10 a.m. to 2 p.m. Satur-

Fort Carson Commissary from 10

days

The main vehicle registration
office, located in the Welcome Center,
will continue normal operation hours

except Thursdays. Thursdays will be

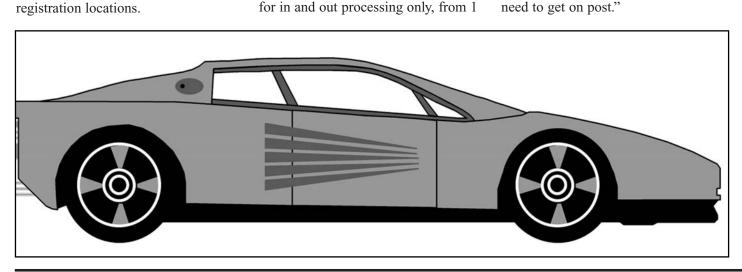
to 3 p.m.

Lang added that the "big push" to get everyone on post registered will be June 18 to 20 at McMahon Theater.

"We've ordered more that 30,000 decals and we're tasking additional personnel to get the majority of the post registered," Lang said.

Lang stressed that the purpose of the registration is for accountability, and said it will help the entire community.

"We're aggressively trying to register all vehicles on post for accountability," Lang said. "In the long run, it will help all individuals who have a need to get on post."



CAUTION

Fort Carson roads closed for repairs

The following road will be closed for repairs:

Specker Ave from Polio to Titus Boulevard, June 5 to 7. A detour will be required and the work is weather dependent.

The following road will be affected by construction but not closed:

Titus Boulevard from Brown Road to Specker Avenue. The eastbound lane will be closed, Wednesday to June 1. The construction is to install a traffic loop and will require a detour for eastbound traffic only.

Individuals need to take note of road work as it could cause delays.

Fire

From Page 1

prescribed burns saved taxpayers about \$2 million. In addition, they participated in three campaign wild fires which, left unchecked, would have devastated the region and destroyed millions of dollars worth of land and property.

The Fire Department also excelled in the area of money savings. One idea involving fire service software acquisi-

tion saved DOD \$13.7 million a year, earning the Fire Department a Vice Presidential Hammer Award. Using inhouse assets to help train 91W medics, they were able to save the Army about \$60,000 a year.

Peter Wolf was named Fort Carson Civilian Firefighter of the Year and is the FORSCOM holder of the title. Wolf was also cited for his expertise in handling trauma cases.

Fort Carson and FORSCOM Heroism Awards went to Fire Captain Kevin

Rohrbaugh. A 22-year veteran of Fire and Emergency Services at Fort Carson, Rohrbaugh was leading a team of eight to fight a wildfire on Booth Mountain, a remote location on the south end of Fort Carson's training area June 7, 2000. Rohrbaugh knew the terrain was potentially dangerous and weather conditions were ideal for a rapid spread of the fire. The fire conditions changed rapidly, making it difficult for the firefighters to move. Rohrbaugh's crew was pinned down, but Rohrbaugh's knowledge of

wildfires and weather and quick actions to ensure the safety of his crew resulted in no injuries, no loss of life and no equipment losses in a very touch-and-go

The three nominations have been sent on to the Department of the Army, which will announce the DA-level winners early next month.

Fort Carson's fire department was named the Army's best in 1999.

From the Fort Carson Public Affairs Office.

Conservation

From Page 1

Compliance and Management.

Air conditioning and chilled air is authorized for rooms containing equipment requiring a controlled temperature, such as mainframe computers and servers, medical and dental patient care areas, division and brigade main conference rooms when occupied, dining areas, recreational facilities, the commissary, post exchange facilities, barracks where available, and buildings on the chiller plant.

To help reduce electricity usage, areas authorized air conditioning will not be cooled to temperatures lower than 72 to 82 F. Air conditioners will not be

turned on when the outside temperature is below 80 F and will be turned off at the end of the day or when not needed. All windows and doors will be kept closed when air conditioning is in use. Help keep temperatures down in rooms by use of blinds, shades, drapes and awnings. Keep windows and outside doors closed during the hottest hours of the day, opening windows in the morning or on the shady side of the building.

Turn off all lighting, incandescent and fluorescent, upon leaving a room. Do not use lights when adequate natural light is available. Turn off personal computer monitors when not needed for five or more minutes and shut down the system entirely when not needed for an hour or longer. Exterior lighting will be eliminated except when essential for safety and security purposes.

Because water is a precious resource in this area, a water conservation policy will be in effect. Lawn watering will only be authorized between 5 to 10 a.m. and 4 to 9 p.m. Do not water in rainy or windy weather. Adjust sprays to prevent water runoff onto streets or driveways. Do not overwater lawns. The Gazette newspaper prints a daily guide for most watering needs. Equip hoses with quick-release pistol-type nozzles, if hand watering. To assist in conservation efforts, major subordinate unit staff duty officers will conduct daily energy inspections.

By working together, all Mountain Post Team members can help Fort Carson reach its conservation goals. Information provided by the Directorate for Environment Compliance and Management

Community

Army Space Command celebrates 13th birthday

COLORADO SPRINGS, Colo. — The U.S. Army Space Command welcomed its new commanding general, Lt. Gen. Joseph Cosumano and celebrated its 13th birthday with a gala ball at the Wyndham

ed its 13th birthday with a gala ball at the Wyndham Hotel May 4th.

Cosumano spent an eventful week in Colorado Springs, meeting the members of Team ARSPACE, attending a CINCSPACE Commander's Conference, and attending the ball. Cosumano was guest speaker at the ball.

Speaking before a crowd of over 240 military and civilians, he touched upon ARSPACE's beginnings and achievements.

"Space is a growth industry as evidenced by ARSPACE standing up three battalions in six years," he said.

"The first was the Satellite Control Battalion in 1995. The second was the 1st Space Battalion in 1999. And the more recent has been the introduction of the 193rd Space Support Battalion of the Colorado Army National Guard."

Cosumano said," I am particularly pleased to see the Reserve component involved in space. ARSPACE is truly a Total Army element."

He said USARSPACE has made invaluable contributions in support of Army warfighters in both contingency operations and major exercises.

"Today and every day, the soldiers and civilians

of this command are on the cutting edge of normalizing space throughout the full spectrum of military operations."

As evident of how important space is in the world we live, he was quick to point to the fact that the Chief of Staff of the Army's vision is "not achievable without support from space."

According to Cosumano, the prosecution of all future conflicts will require support from space.

"As we transform today's military into tomorrow's full spectrum force, this is definitely an exciting time to be in the space business."

He stated he was confident that as the recommendations from the recently released Space Commission Report are enacted, "we are going to get even busier."

The U. S. Army Space Command was activated and organized to support the field Army April 7, 1988. It absorbed the planning and support functions of its predecessor unit, the Army Space Agency, and assumed operational space missions.

In August 1992, USARSPACE became an element of the U.S. Army Space and Strategic Defense



Command. In 1997, the Army formalized its recognition of the importance of space to Army operations with the formation of its newest major command, the U. S. Army Space and Missile Defense Command, of which the Army Space Command is a major subordinate element.

Fort Carson recognizes FRG volunteers

Every day at Fort Carson hundreds of Family Readiness Groups' volunteers assist brigade, battalion and troop commanders in preparing soldiers and families for the inevitable day the soldier is deployed on a mission overseas or a training exercise.

FRGs are organizations of family members, volunteers and soldiers belonging to military units who together provide avenues of mutual support and assistance and a network of communications among the family members, the chain of command, and community resources. FRG volunteers provide the link that informs family members of important issues and concerns that affect them. Individuals donate their time and services to a variety of

FRG projects and activities such as: planning and conducting monthly meetings and social events, writing newsletters, and being part of telephone trees.

Family Readiness Group volunteers wear many faces. They may be family members, soldiers, and Department of Army civilians. FRG volunteers are always present to assist and refer families to agencies and programs to solve everyday life problems. Volunteers provide a support system for family members waiting for their soldier to return from deployments. They coordinate training and classes to educate family members about survival techniques and Army assistance programs, especially when the family member is left in the

area while the soldier is deployed. FRG volunteers assist commanders and families in coping with tragedy and loss. FRG volunteers are the unsung heroes of the Army.

Fort Carson will honor the volunteers of Family Readiness Groups and other installation volunteer agencies at a community picnic at Ironhorse Park, June 2, noon to 3 p.m. Please join the Fort Carson Morale Support Program and the community for food, entertainment and fun for children and adults.

Child and Youth Services will provide supervised children games and activities. Installation awards for outstanding volunteers will be presented by Major General Edward Soriano, commanding general, 7th Infantry

Division and Fort Carson. We hope to see many of you at Ironhorse Park (inclement weather - the Post Physical Fitness Center) for this event to recognize Fort Carson volunteers.

If you are an Army family member and interested in volunteering for your Family Readiness Group or if you need information about participating in Family Readiness Group activities, call the Installation Volunteer Coordinator, Gwendolyn Ragle, 526-4590.

There is room for everyone to volunteer at Fort Carson. Join the Mountain Post Volunteer Team — make a difference in your life and the lives' of others.

From the installation volunteer coordinator.

Alegre, David Atkins, Kim Baker, Darlene Beasley, Carin Benner, Paula Bush, Robyne Carlton, Mary Christensen, Renae Crews Marcia Fleming, Michelle Hedges, Jacqueline Jensen, Regma Johnson, Shelley Lopez, Danette Marques, Traci McAllister, Ellen Miller, Angela Mills. Charlotte Moorer, Latesha Morris Tina Petit, Jodi Potter Tracev Root, Denise Stipe, Julie Swanson, Mary Ann Thompson, Jessica Torka, Shannon Walters, Yvette Wilson, Lori

1st Battalion, 3rd ACR

Armstrong, Nikk

Baugheman, Susan Browning, Stephanie Cantin, Michelle Clegg, Kara Clemons, Katrina Contreras, Angela Craig, Kelly DeLaney, Kelly DiSalvo, Leigh Edson, BethAnn Findling, Jennife Gonzales, Debbie Harrison, Jennifer Haubert, Sarah Heinz, Doina Hovis, Darlene Kelly-Gonzales, Shannon Klette, Jeanette Korsen, Pam Kullenschmidt, Susan Lanham, Michelle Law, Jennifer McLain, Christine Moon, Christy Morgan, Brandy Patrick, Frances Pedron, Angela Perkins, Ginger Petros, Tricia Pileggi, Christiane Pritt, Christine Rodriguez, Rachel Sain, Ginger Salinas, Patty

Scalisi, Sandra
Schaffner, Stephanie
Silva, Kelli
Sparks, Janet
Stefan, Anntoinette
Taylor, Kim
Thomas, Bonnie
Townsend, Jody
Victory, Anna Marie
Wells, Sheralyn
Wertz, Missie
Western, Becky
Wheeler, DeeDee
Williams, Cindy
Wilson, Erica
Viright, Cami

2nd Squadron, 3rd ACR

2nd Squadron, 3rd
Aune, Ruby
Bailey, Ana Marie
Bennett, Nicole
Bernecky, Susan
Borgeson, Tanja
Burfield, Valery
Caffey, Amy
Calfee, Misty
Carauna, Sophia
Caziar, Kim
Cerasoli, Gretchen
Chacon, Cindi
Coleman, Amie

Cnacon, Cindi Coleman, Amie Colston, Ivonne Darras, Amanda Donald, Julie Dugger, Nikki Edmundson, Amanda Evans, Andrea Frosolone, Khim Gallagher, Joy Gallup, Rae Gerber, Deena

Ionescu, Ann Jaramillo, Carolyn Jarstfer, Meg Jarvis, Beth Jordan, Erika Karels, Stephanie Kovinchick, Kara Krebs, Jessica Lewis, Kim Martinez, Jacinda McClain, Amy McClintock, Jean Mendez, Tara Nass, Valerie Navratil, Charina Olson, Batrice O'Rvan, Lesia Owens, Angela Parnell, Yolanda Porter, Ashlev Price, Tina Prvka, Elizabeth Quire, Kim Ramos, Maria Ramsey, Lisa Rangel, Michelle Robinson, Renee Rodi, Lisa Rosenthal, Mary

Gibbs, Jennifer Gooch, Claudia

Smith, Amanda Spence, Leigha Stankovich, Kellee Sullivan, Corrie Triplett, Beatrix Vidal, Anisia Wake, Jennifer Walker, Cassie Warren, Malisa Conner, Candy Entwistle, Julianne Harris, Jennifer Harris, Kathy Hassley, Tonya Kennedy, Karen Vesper, Rhonda Bliese, Kathy Hickey, Maureer 4th Squadron, 3rd ACR Mosso, Katie Dennison, Kandace Harper, Kareb

4th Squadron, 3rd
Andrews, Linda
Mosso, Katie
Dennison, Kandace
Harper, Kareb
Parks, Helen
Swanson, Michelle
Wagner, Patty
Pegram, Isabelle
Weil, Jennifer
Wallace, Stephanie
Fee, Charlene
Hooks, Christy
Olson, Unsil
Slaton, Mary Beth
Thorpe, Peggy
Valdez, Anita

Wiley, Christina
Holt, Cassie
Ladd, Betsy
Niemi, Wanda
Seitz, Heather
Herrera, Shannon
Keith, Laureen
Mong, Angie
Oleson, Cathy
Sunderlin, Rebecca
Christensen, Jennifer
Ostberg, Susanne
Wirick, Christianne
SUPPORT 3rd ACR
Bisinieks, Marilyn
Boroch, James
Boroch, Jerry
Berroch, Peter

SUPPORT 3rd A
Bisinieks, Marilyn
Boroch, Hope
Boroch, James
Boroch, Peter
Britton, Mary
Cocaran, Chris
Cook, Kellie
Cook. Ted
Dallman, Stacey
Daugherty, Brenda
Daugherty, Robert
Garza, Sheryl
Hosster, Paula
Kidd, Jamie
Klekot, Sharon
Main, Deborah
Maul, Cathy
Miller, Tracy
Price, Kelly
Romanesky, Tonya
Taylor, Linda

See Volunteers, Page 10

Community

Chapel

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youths take place Sunday, 1:30 p.m. at Soldiers' Memorial Chapel. Protestant high school activities include Bible studies; Sunday, 9:30 a.m. and Tuesday, 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, at Soldiers' Memorial Chapel.

Grief Recovery Support Group — GriefShare, a grief recovery support group, meets Thursdays 6 to 8 p.m. at the Family Readiness Center. GriefShare is a weekly seminar/support group for people who are grieving from the death of someone close to them. For information or registration call Sabine Maresco at 526-6917.

Vacation Bible School 2001 is a polar expedition — Staff positions for youth and adults as cool crew leaders are now available. Be with children, have fun, little daily preparation, learn great music and learn Jesus' love is cool. To volunteer or ask questions, call Dennis Scheck at 526-5625.

Get ready for a polar bear worth of fun—summer vacation bible school Polar Expedition. July 9 to 13 at Soldiers' Memorial Chapel. All children age 4 through sixth grade are invited to attend. Watch for registration announcements; space is limited.

Protestant Women of the Chapel — Bible studies for you. Summer studies will start June 19. Two video series will be offered: "A Heart Like His" by Beth Moore and "Marriage Videos" from Gary Smalley. For information contact Patti Harris at 391-2905 or Pat Stone at 576-9242.

Jewish Community Celebrates Shavu'ot—the Festival of Weeks, is the second of the three major festivals with both historical and agricultural significance. Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as Hag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai, and is also known as Hag Matan Torateinu (the Festival of the Giving of Our Torah). Shavu'ot will occur May 28 (Jewish year 5761).

Chapel Schedule

ROMAN CATHOLIC								
Day	Time	Service	Chapel	Location	Contact Person			
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-5769			
Tues-Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769			
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahlc/526-5769			
Sunday	8 a.m.	Mass	Veterans'	Magrath & Titus	Chap. Stahl/526-5769			
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769			
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Ms. Feldman/526-0478			
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386			
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769			
EASTERN ORTHODOX								
Sunday	8 a.m.	Divine	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772			
		Liturgy						
	CONTEMPORARY CHRISTIAN							
Thursday	7 p.m.	The "ROCK"	Spiritual	Barkeley & Ellis	Chap. Thornton/526-1374			
		Service	Fitness Center					
PROTESTANT								
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387			
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206			
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822			
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011			
Sunday	11 a.m.	Prot./Gospel	Prussman Soldiers'	Barkeley & Prussman Nelson & Martinez	Chap. Pair/526-2811 Dr. Scheck/526-5626			
Sunday	9:30 a.m. 9:30 a.m.	Sun. School Sun. School	Prussman					
Sunday Sunday	6:30 p.m.	PYOC	Soldiers'	Barkeley & Prussman Nelson & Martinez	Chap. Pair/526-2811 Ms. Scheck/524-1166			
Sunday	0.30 p.iii.				WIS. SCHECK/324-1100			
LITURGICAL PROTESTANT								
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279			
JEWISH								
For informati	on and a schedul	e of Jewish Sabba	th services, call the	e U.S. Air Force Academy Ca	det Chapel at 333-2636.			
WICCA								

WICCA

2nd and 6:30 p.m. Spiritual Barkeley & Ellis Ms. Costantino-Mead/ 4th Tuesday Fitness Center (303) 428-7703

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.

Daily Bible Readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday — Psalms 145 & Acts 3-4 Sunday — Psalms 146 & Acts 5-6 Monday — Psalms 147 & Acts 7-8 Tuesday — Psalms 148 & Acts 9-10 Wednesday — Psalms 149 & Acts 11-12 Thursday — 1 Samuel 2:1-10 & Acts 13-14

Friday — Psalms 144 & Acts 1-2

THE ARMY CYCLE OF PRAYER The Army Cycle Of Prayer—Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: **Unit:** For the soldiers, families and leaders of the 82nd ABN DIV, "All American," headquartered at Fort Bragg, North Carolina. Army: For all battalion commanders throughout the Army, that they might teach, coach and mentor soldiers in peace and, if necessary, lead them to victory in war. State: For all soldiers and families from the state of N.C. Pray also for Gov. Mike Easley, the state legislators and municipal officials of the Tar Heel State. **Nation:** For the hundreds of thousands of soldiers, sailors, airmen and marines who have given their lives in defense of our nation. Pray also for their families, for continuing strength in the midst of their loss. Religious: Pray that America remembers her deceased veterans on Memorial Day and that we ever keep our national memory of their singular sacrifices. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Chaplain's Corner

Chaplain gives insight on what Memorial Day means to him

by Chap. (Capt.) Lonnie L. Locke III 10th Combat Support Hospital

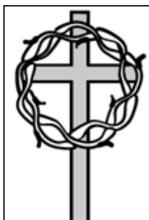
What does Memorial Day mean to you - the beginning of summer vacation, barbecues in the back yard with friends and neighbors, family gettogethers, the opening day for outdoor pools, the running of the Indianapolis 500? All kinds of things happen on this holiday, but what does it really mean? I believe it would be good for us to pause and think about what Memorial Day really means, for its very name, "Memorial Day," calls us to remember.

Memorial Day, originally called Decoration Day, is a day of remembrance in which we, as Americans, commemorate those who have given the ultimate sacrifice of their lives in our nation's service. There are numerous stories of how this celebration actually began and over two dozen cities and towns claiming to be the birthplace of this day of remembrance. There is also evidence that organized women's groups in the South were decorating Confederate graves before the end of the War Between the States. While Waterloo, N.Y., was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively where and when it actually began. It is more likely that it had many separate beginnings.

Being in the military, we are reminded each year when Memorial Day comes around because we are given the day off, but often we do not

observe this day as it should be observed. Memorial Day should be a day where we actively remember our ancestors, our family members, our loved ones, our neighbors, and our friends who have given the ultimate sacrifice:

- by visiting cemeteries and placing flags or flowers on the graves of our fallen heroes.
 - by visiting memorials both local and national.
- by flying the U.S. Flag at half-
- staff until noon.
- by flying the 'POW/MIA flag' as well (Section 1082 of the 1998 Defense Authorization Act).



• by participating in a "National Moment of Remembrance": at 3 p.m. local time to pause and think upon the true meaning of the day, and for 'Taps" to be played.

• by renewing a pledge to aid and pray for the widows, widowers, and orphans of our fallen dead, and to aid and pray for the disabled veterans.

This list is far from being all-inclusive. The important point is that in our own way we remember.

God's blessings to all who gave their lives for this country; and to the friends and families that they left behind.

Mountain Lifeline

Know what ails you, and how to beat the symptoms of stomach flu

By Dr. Donald Daeke Fort Carson Emergency Medical Service

Diarrhea and vomiting are often caused by a flu-like virus. It may also be caused by emotional upset, food poisoning, infections, eating certain foods or a bowel blockage. The most common symptoms are cramping, abdominal pain, loose watery stools, nausea, headache, fever, being tired and muscle aches.

Bacteria may also cause vomiting and diarrhea, but this is much less common. This situation may develop shortly after having been on a course of antibiotics, especially amoxicillin, or ampicillin. In this case, the symptoms are more likely to be more severe, and you are more likely to have blood in the diarrhea. If a bacterial infection is suspected, the doctor may prescribe an antibiotic. Bacterial diarrhea can be very contagious. If an antibiotic has been prescribed, take the medication as directed. Do not stop taking the medication just because you feel better. The infection may return.

Drink plenty of clear, non-alcoholic fluids, such as ginger ale, water, tea, broth, 7-Up, or Gatorade during the first 24 hours or until the vomiting and diarrhea stop. An adult should drink eight large glasses of fluid a day, during normal waking hours. If vomiting, you should start fluids in small sips, increasing to larger amounts as tolerated.

After the first 24 hours, and as the vomiting and diarrhea subside, you may eat bland foods such as cooked cereals, rice, soups, bread, crackers,

baked potatoes, bananas, eggs or applesauce. Do not eat fruits, vegetables, dairy products, spicy or fried foods, candy and do not drink alcoholic beverages.

Decrease activity until you feel better.

Contact your doctor or go to the emergency department if any of the following occur:

- 1. Fever greater than 101 F or shaking chills begin or worsen.
- 2. Symptoms last for more than three days.
 - 3. Pain in the abdomen or rectum.
- 4. You see blood, mucus or worms in your stool.

You see signs of dehydration including dry mouth, excessive thirst, wrinkled skin, little or no urination, dizziness or light-headedness when sitting or standing.

If vomiting persists, you must be seen in the emergency room or Doctors office.

If you have any of the symptoms or have questions on certain ailments call the Nurse Advice Line at 1-888-8874111. The number for the Tricare Appointment Line is (719) 264-5000.

Editor's Note: This article is part of the new weekly health comumn provided by the staff of the Emergency Medical Department of Evans Army Community Hospital. Topics will consist of useful information on frequently encountered health issues. If you have a topic idea you would like to have discussed, contact Spc. Stacy Harris at Mountaineereditor@carson.army.mil or by phone at 526-4144.

Community

Volunteers

From Page 5

3rd Squadron, 3rd ACR

Young, Tammy Atchinson, Pricilla Bailey, Shannon Barclay, Deanie Bautisa, D Becker, Suzanne Bell, Bernice Benskin, Sheryl Bentley, Carey Bernal. Rosaan Bilnoski, Cat Bledsoe, Dee Boelter, Brenda Bookout, Milissa Bozeman, Christina Branscomb, Shaundra Brewer, Kelli Burns, Melissa Caldwell, Shalor Castro, Shavna Cook, Shari Costanza, Megar Cox, Melanie Crook, Mendy Davis, Pat Dawson, Robin Denius, Sandra Dermont, Kelly Detwiler, Monica Dietz, Sharon Dillahunt, Rachel Dittman, Marie Ditzler, Heather Dugan,,Christopher Dye, Robyn Elias, Simone

Elliott, Tonya Evans, Darcy Fish, Ron Floyd, Laurie Foxley, Lory Frederick, Kelly Garcia, Margie Gatling, Maria Geier, Nicole Giguere, Tonyel Gonzales, Isabelle Griego, Anthony Griego, Rebecca Griffon, Becky Grove, Kelli Grover, Heather Grover, Lyman Guyton, Stephanie Hanberg, Crystal Harbin, Jackie Hargis, Christina Heatherman, Melissa Hoffman, Wendy Holonia, Jenny Hood, Kim Hoveland, Sara Huizar, Edward Huizar, Isabel Humphries, Michelle Johnson, Jill Kaveney, Carrie Killman, Kristie Kinsey, Curenetra LaClark, A Landtroop, Stephanie Lemaster, Roberta Lindner, Christina Lindsey, Christal Logan, Michelle Major, Tracy Malsack, Claudia Matlock, Kelei May, Jan McGukian, Candy Miller, Shannon Minot, Casey Mivocay, Betty Mock, Angel Morris, Denys Murphy, Valerie Padgett, Sheri Peterson, Beth Pickel, Michelle Pivik, George Pivik, Hilary Pond, Janet Proffitt, Melissa Rainwater, Matina

Rhoades, Stefa

Robbins, Heidi Roberge, Chrys

Roberts, Meg

Rosenberg, Debra Runyon, Crystal Rush, Noel Sajkamoto, Renee Sargant, Emily Shannon Amy Sharp, Jamie Shelton, Jennifer Simpson, Elizabeth Sims, Rachael Smith, Karen Smith, Marie
Smith, Marie
Sole, Laura
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Stansfield, Lindsey Sterling, Heath Talton, Kelly Taylor, Carrie Turnage, Susar Uhlig, Brenda Valdez, Amanda Villafane, Susan Villeneuve, Jonie Violet, V Whorley, Christy Wilede, Kristen Williams, Vanessa

Willis, Jennifer Wyngaard, Kim 3rd BCT Hodge Michelle Smith, Jacqueline Willoughby, Gail Prichard, Mi Ae Tucker, Mary Ann Smith, Melissa Vinson, Deibderann

1st Battalion, 8th Infantry

Regiment Alvarado, Sgt. 1st Class Avery, Spc. Aviles, Nikki Backus, 1st Sgt. Chuck Bales, Brook Ball, Pvt. Beck, Renee Beck, Sgt. Damon Bender, Stephanie Bergheher, Kathy Bergheher, Mark Bjergo, Sgt. Brian Bovee, Sgt. Brown, Staff Sgt. Bundrick, Spc. Bundrick, Yvette Burkhatter, Spc Butler, Tammy Castillo, Winston Castillo, Yhossara Cisneros, Spc. Clare, Raymond Clare, Reeser Coddington, 1st Lt. Leo Cornejo, Javier Cruzat, Sgt. 1st Class Dewitt, Gabriel

Diaz, Erin

Diaz, Sgt. Elmore, Karie

Fears, Brenda

Fears. Chester

Faughtenber, Jason

Faughtenber, Tonya

Frakenstein, Ledetra

Frakenstein, Pfc.

Fugal, Joanna Garrett Gearhart, Sarah Gearhart, Travis Gettman, Victoria Gibbs, Stephanie Gibson, Beth Glasscock, Michelle Glvens, Stephen Gonzales, Staff Sgt. Guerra, Spc. Gulndon, Tonya

Hansen, Traci Harman, Amanda Harrington, Linda Harrington, SPC Hernandez, Juan Herrera, Jennifer Herrera, Juan Hill, Pfc. Hills, Jill Ann Holdridge, Staff Sgt. Holmes, Staff Sgt.

Horn, Elizabeth

Ironeyes, Bridget Ironeyes, Carl Johnson, Daniel Johnson, Cheryl Johnson, James Johnson, Sqt. Johnson, Stacy Jones, Lauretta Jones, Rachael Kass, Sgt. Kreckman, Jennifer Langer, Adam Lopez, Charles Lopez, Kirsta Love, Julie Lowden, Sat Lyon, Cecilia Maceri, Mary Magrum, Christina Manning, McKimien, Maria Meacham, Paul Meacham, Tawny Meadows, Jo Meinhert, Shelby Meinhert, Spc. Mendoza, Adriana Mikels, Tracy Milley, Sgt. Monroe, Lt.

Hughes, Jacqueline Hughes, Todd Hunnel, Daniel

Hunter, Jesus Hunter, Mary

Morgan, Michelle Murray, Nall, Dagmara Nall, Staff Sgt. Niemeyer, Peter Niemeyer, Steffanie

Nolan, Charles Nolan, Michelle O'Brien, Aubrey O'Brien, Spc. Ogborn, Martina Ogborn, Sgt. Oliver, Michelle Parrish, Kelly Pender, Ryan Reeves, Buffi Reeves, Spc. Robinson, Tangie Rollheiser, Staff Sgt. Rone, Michelle Rozmiarek, Janet Rustman, Capt. Randy Rustman, Donna Salazar, Ashley Salazar, Kimberl Sanchez, Rosemarie Scott, Sgt. Skillman, Gudron Skillman, Spc. Southard, Monica Southard, Tony Stallings, Pfc. Stallings, Taneasa Steepleton, Mark Steepleton, Monica Stokes, Danielle Stokes, Russell Tellez, Spc. Teneyck, Chritine Tiedeman, John Townsend, Krystal Townsend, Doug Urguhart, SGT Van Zandt, Randy Vanswol, Sgt. 1st Class

Workman, Lynne Zolna, Romina Zolna, Sqt. 1st Battalion, 12th Infantry

Regiment Adams, Amy Bailey, Hiliary Bailey, Jennife Bain, Kathy Barron, Yadira Bartenfeld, Mary Bear Jean Beck, Anna Boucher, Patricia Burch, Ayesha Burch, Sandra

Villanueva, Juan Wampler, Orville

Wampler, Tammy

White, Shannon

Wilson, Jerod Wilson, Linda

Washington, Staff Sgt. Webster, William

Burrows, DD Casey, Tracy Cline, Janet Comito, Erin Costas, Leanne Coudriet, Tammy Cunningham, Marilyn Curry, Marcy Dunham, Emily Finney, Jean Garcia, Jeana Garcia, Rachel Gauthier, Francesca Gill. Saana Glaicia, Alicia Glasscock, Michelle

Gully, Tiffany Hill, Yolanda Iker, Anna Johnson, Kristi Judy, Lisa Kauzlaurich, Stephanie Keller, Julie Kuyk, Jennifer Lam, Kay Lara, Amie Larsen, Theresa Lee-Pair, Kathy Levy, Sidney Mancera, Rosalinda Masotti, Cherie McDaniel, Stacey Mericle, Julie Milkowski, Nicole Negron, Dyannah Norris, Michelle Nurre, Brenda Rivera, Teressa Roth, Keri Sassaman, Marilyn Schlairet, Tina Sharp, Stephanie Smith, Carrie Stankiewicz, Julie Sutherland, Bonnie

Thompson, Veronica Torres, Terri

Valarezo, Angie Venema, Katherine

Vesser, Lisa

Wade, Robin

Wagoner, Lisa

Walker, Monica

Westen, Tricia
1st Battalion, 68th Armored

Regiment Bacon, Lisa Beyer, Galena Blair, Gwen Blickey, LeeAnn Brown, Denise Chango, Dana Chango, John Coakley, Genessa Corum, Jocelyn Cote, Kimaree Curl. Sandra Dahl, Diane Domengeaux, Joan Dunlap, Felisha Fielder, Joy Ford, Tommie Jean Gilliam, Jennife Gwin, Lanae Hanlen, Katherine Hayes, Debbie Holder, Katrina Judkins, Phuong Kreiling, Christina Mansell, Kim Maykovich, Shannon McMillan, Dorothy McMillan, James McMullen, Marisha Millican, Monica

Nichols, Janet Pingo, Vickie Pires, Chris Pratt, Susan Ragle, Gwendolyn Rayls, Susan Schwartz, Nancy Sewell, Dawn Shelton, Doug Simpkins, Carrie Skillen, Brett Smith, Melissa Sory, Karrie Sturgeon, Trikishia Valentin, Carmen Velasquez, Stephanie Watzka, Pat Wilson-Olmstead, Amanda

Winn, George Bacon, Lisa

Curl, Sandra Lopez, Wendy

3rd Battalion, 29th Field Artillery Abraham, Emily Abraham, Nathan Amble, Susan Anderson, Raine Bacquero, Jessica Bachellor, Monicka Bailey, Erika Banks, Bess Blancarte, C.C. Boyd, Donna Boyd, William Brice, Magarite Bridgeford, Kimberly Brocious, Lisa Cox, 1st Sgt. Day, Trish Donnelly, Becky Doughty Staff Sgt. Doughty, Stephanie Drake, Chaplain Drake, Chaplain Drake, Yolanda Duckery, Debbie Figueroa, 1SG Figueroa, Myrna Flores, Carlene Flores, Glenda Garcia, Daniel Spc. Gariby, Alice Gervickas, Alex Gervickas, Amy Goins, Sgt. 1st Class Goldstein, Angela Gomez, Maria Griffith, Beth Gudahe, Cpl. Guerra, Jesus Guidone, Cpl. Hannon, Allison Henry, Kim Henry, Michael

Helli, Kendra
Jessica Jordan
Jobe, Marty
Johnson, Meridith
Jones, Laurie
Kaplachinski, Steve Keffer, Kim Knuffke, Jennife Kost, Teresa Kroggel, Rob Langford, Marie Leach, Lisa Leach, Matt London, Capt. Lopez, Eliza Lopez, Joyce Lopez, Mario Lucero, Mike Staff Sgt. Maldonado, Amanda Maldonado, Edward McCarson, Christine Napier, Marlena Novak, Brent Patterson, Toni Pena, Jill Pena. Robert Perry, Eric Proefrock, Shannon Pyon, Lt Remillard, Tina Renaud, Tine Rivera, Cathy Robbins, Andrea Rodriguez, Spc. Rogers, Lynn Ruff, Maria Ruff, Andy Ruff, Shellie Schimmelpfenneg, B Schimmelpfenneg, J Schlienz, Joy Schrier, Lori Shannon, Kate Shaw, Kris

Soto, Rose Stamey, Linsey Stamey, SGT

Strother, Diane Sullivan, Kiley

Taylor, Carmen Tedder, Cpl. Thomas, Dan Sgt.

Wildonger, Debra Williams, Marietta Woolington, Chris

Woolington, Dawn Yampanis, Linda

Alexander, Sgt. 1st Class

60th ORD

Tator, Allison

Vega, Cheri White, Kim

Alvarado, Amy Alvarado, SGT Amble, Susan Balvin, Irene Balvin, Sgt. Boiles Boudreaux, Brill Boudreaux Spc Brice, Margarite
Bridgeford, Kimberly Brocious, Lisa Burton, Erica Burton, Sgt. Ceallardo, Ceass, Gwen
Ceass, Sgt.
Cebson, Chief Warrant Officer Crane, Virginia Crank, Cpt. Crank, Melissa Day, Tiffany DiCarlo, Tony Donnelly, Becky Doughty, Staff Sgt.

Doughty, Stephanie Duckery, Debbie Figueroa, Luis Figueroa, Myrna Flores, Carlene Flores, Glenda Frigg, Holly Garcia, Daniel Spc. Gariby, Alice Gervickas, Alex Gervickas, Amy Gibson, Darlene Goldstein, Angela Gomez, Maria Griffith, Beth Gudahe, Cpl. Guerra, Jesus Guidone, Cpl. Handshaw, Sgt Hannon, Alison

Hazelwood, Patti Henry, Kim Henry, Micheal Hite, Ellie Hite, Sgt. Long, Chief Warrant Officer Lopez, Michelle Lopez, Sgt. Masud, Joseph McClellan Joyce Morrison, Lt. M Nesmith, Sat. Perry, Christine Peters, Spc. Peters, Spc. Peters, Vicki Post, Kari Post, Mike Priest, Cheryl Priest, Cpl. Satow, C 1st Sgt. Seown, Lt. Shelling, Lt. Sullivan, Misty Sullivan, Sgt. Tippins, Mrs. 4th ENG Aleman, Elena Cloud, Catherine Devers, Odine Franciszkowicz, Christine Knowlton, Corey Morningstar, Tommi Olsen, Shanda Speckhaert, Julie 64th FSB Jackson, Cathy O'Brien, Debra 68th CSB Abbott, Robin Payne, Andrea Phipps, Jane 4th PSB 52nd ENG Goodboe, Diane Holsather, Beth King, Darcy Snider, Sherri Stringer, Andrea 10th CSH

Arneson, Sherri Martin, Quentin

Sanchez, April

Hewitt, Monica

Wilson, Karla

Hewitt, Tobran

MOUNTAINEER May 24, 2001

FEATURE



Fort Carson Safety Office keep you safe d Days of Sul

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					25	26
27	28	29	30	31		

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Т
1	2	
8	9	
15	16	
22	23	
29	30	













Recreational Safety

Don t push your body beyond its limits Understand the hazard Get in shape Use the right equipment

Know safety rules for all activities



Swimming and Diving

Never swim alone, know your ability Don t show off

Non-swimmers stay in shallow water

Swim only at supervised swim areas Always have adult supervision for children

Don t swim if chilled, overheated, overly tired, after eating,

or in storms

Don t drink and swim

Before diving, make sure water is deep enough

Always keep hands in front of your head

Never dive in unknown waters

Check for submerged or floating obstacles

On reaching water, steer up immediately with hands and head up, keep arms outstretched, hands crossed and turned up, keep back arched.



Boating

Have one vest or jacket of suitable size for each person, fire extinguisher, whistle or horn, bilge pump, extra line for towing, radio for weather reports, paddles or oars, first-aid

visual distress signals, flashlight and basic tool kit Boarding, loading, and getting underway:

Never jump into boat, step into center

Be sure lines are secure

Store gear in center of boat and distribute evenly

Know load capacity of boat

Start slowly and watch for other boats Keep passengers near center of boat

Check boat for fire hazards

Everyone should wear deck shoes

Keep personal flotation devices handy for everyone Children and non-swimmers flotation devices wear at all

Don t stand up unless necessary Operate at safe speeds; no clowning on board

Let someone know where you are going and when you plan

Be prepared for a variety of terrain and weather conditions Minimum equipment includes a compass, maps, canteen,

night

Water Skiing

Know how to swim and learn proper hand signals W ear a properly-fitted ski vest

Have two people in boat one to drive, one to watch Stay away from solid objects and others in water

Run parallel to shore and come in slowly when landing If you fall, clasp both hands overhead to signal okay Hold ski up after falling in crowded boating area Don t ski in shallow water, in front of another boat, or at

Don t wrap rope around any part of body

Don t overdo and become tired



Camping

Equipment should include proper footwear, an ax, a knife, flashlight and cooking utensils

Know where you are going

Lavout rules

Keep campsite safe and clean

Use designated fireplaces

Don t build a fire near trees

Let campfire die down, break up coals, spread burned pieces, soak them thoroughly, then cover area with dirt

Bring sufficient drinking water for camping party



Make Kite Flying Fun

Fly kites in open fields

Use only dry kite string

Don t try to remove kite from electric power wires

Don t fly kites in stormy weather



Sports & Leisure

Runners head for Boulder meet

by Walt Johnson Mountaineer staff

When the "Bolder Boulder" marathon race begins Monday there will be a number of members from the Fort Carson running team among the participants.

Among the many runners will be four young women, Brandie Vance, Lisa Bizzell, Yerika Bello and Jackie Nance, who hope to be a part of a three-time Army ten-miler championship team in October.

Recently, the four women have begun the trek to making the team by competing in two10-kilometer races, including the Armed Forces run held Saturday at the Post Physical Fitness Center.

The four women who will run Monday's "Bolder Boulder" race began getting ready for the race by competing in the Avon Women's Global Circuit race in Denver May 12. The races are designed to raise funds for charities in the local area. They followed that with the Armed Forces race Saturday and now will see how well they can do in the premier race in Colorado.

The Avon race was a very competitive race and it felt good for us to be there representing Fort Carson," Vance said.

Bello, Bizzell and Vance each were runners in high school but haven't been distance runners until recently. Bizzell summed up the reason the group is willing to give distance running a try.

"Being able to run with a group of people in particular, and females in

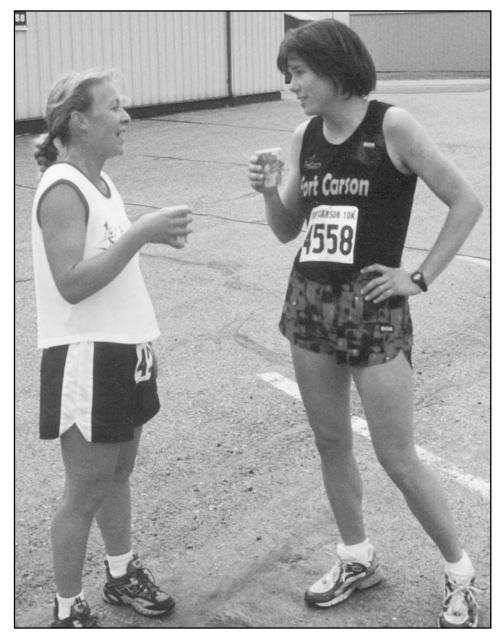
general, is a lot of fun. There is a feeling of camaraderie that brings us together and makes us want to work hard," Bizzell said.

Vance is the veteran runner of the group who hasn't done a lot of running. She ran in the Army ten-miler in 1995 but took time off from competitive running for three years while stationed in Germany. When she arrived at Fort Carson last year, one of her NCOs, John Campbell, who is on the post running team, suggested she try out for the team.

"I had only been here about 30 days and really hadn't been acclimatized yet but (Staff Sgt.) Campbell convinced me that I could do all right on the team. After a lot of blood, sweat and tears, I barely made the team," Vance said. After making the team Vance broke her arm five weeks before the Army ten-miler.

"I was upset at the time because the doctors wouldn't let me run for a week and I had to catch up with the rest of the team. I was determined the broken arm wouldn't stop me and I did run the race," Vance said.

Judging by the determination the women have and the way they have faced up to the challenges so far, it seems the post women's team is making a good start preparing for a title defense at the Army ten-miler this year. One thing for sure if the title doesn't come here it won't be for lack of effort.



Lisa Bizzell, left, and Vanessa Couch cool down after finishing second and first in the women's bracket respectively in Armed Forces 10-kilometer run Saturday.



Brandie Vance races toward the finish line to to complete the Armed Forces 10-kilometer run.



Yerika Bello, center, keeps pace with a couple of male runners as she completes her first Armed Forces Day 10-kilometer run Saturday.

On the Bench

Post Armed Forces run brings many happy faces

by Walt Johnson Mountaineer staff Gang, there will be a great golf tournament Friday at the Cheyenne



Johnson

Shadows Golf
Course hosted by
the Officers' Wives'
Club. The event will
be held to raise
funds for worthy
organizations in the
Pikes Peak region.
If you have the
time, sign up to
play in the
tournament, it

should be one fun time. For more information on the tournament contact the golf course at 526-1927 or 526-4122.

Both the Armed Forces 10-kilometer race and the post golf tournament were excellent events.

Some of the stories that came out of the 10-kilometer run are worth repeating.

What would it take for you to drive 1,500 miles from the south to compete in the 10 kilometer run?

Well, all it took for Cristino Lozada, former member of the 4th Personel Services Battalion is to come back to town for his son's graduation to compete in the fun run. Lozada said it took a turn of fate to get him to do the run.

"I drove from Atlanta for my son's graduation. This morning, (Saturday) I got up and said to myself 'let me go for a little run'. My friend said we have the 10-kilometer run on post so I said all right, I'll do that," Lozada said.

"I'm always running so I felt pretty good about running on the course and getting back out here," Lozada added.

Richard Baldwin, director of the Armed Forces run, said success of the race was a testament to the hard work turned in by a number of people.

"We had 180 people come out for the event and we are kind of excited about that. When you plan for an event like this it actually starts about two months out. We had to coordinate with a number of different points of contacts and some of our friends in Colorado Springs, who helped make this event happen," Baldwin said.

"It takes about 30 to 50 people to run a proper race. We have to work hard together to make this a good event for the runners, because you want a positive event for the customer. The best thing about a day like this is the runners having a chance to participate in the event and the second best thing is watching the younger kids running in their event. The kids will be physically fit and they will be involved

See Bench, Page 21

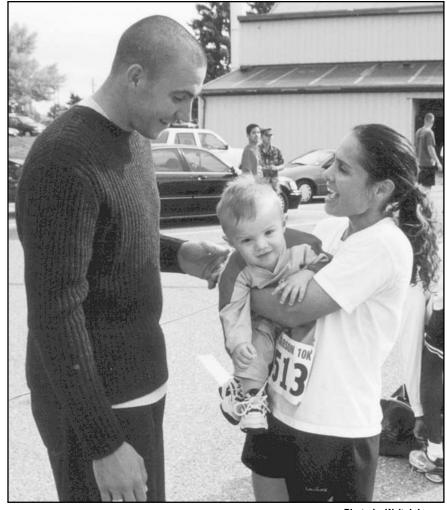


Photo by Walt Johnson

Teaching children safety ...

Bryon Conkling, left, chats with his son Vicente and wife Jacqueline, after she finished this year's Armed Forces 10-kilometer run. See a related story on the Conklings on page 21.

Bench

From Page 20

in a family event and that makes it good for us," Baldwin said.

J.P. Hendricks, the post running team coach, finished first overall in the race and said it was a good opportunity to get ready for the upcoming race season

"The course is a little long and it ran a little slow today, but it was a great tune up for an early season race. Its always good to get these races in so that you can be ready to run the big races in July leading up to the Army ten-miler in October."

Currently, Hendricks is helping anyone interested in competing for the post running team with workouts for the tryouts that will be held June 13, July 13 and August 15. Anyone interested in training to earn a spot on this year's team should be at the Post Physical Fitness Center at 6:30 a.m. Monday, Tuesday, Wednesday or Friday.

Hendricks said the team's goal is to win the Army ten-miler for a third straight year.

Running can feel so good to you that it makes you do strange things.

The best story this reporter believes came out of the race was the story of Jacqueline Conkling.

Conkling has been a runner since joining the military eight

years ago. While stationed in Hawaii last year, Conkling ran the Hawaii 26-mile race while she was four months pregnant with her son Vicente.

"I like to run and my doctor told me I could run up to the sixth month of my pregnancy. I figured if I did it carefully I could finish. I finished the race in six hours," Conkling said.

The TEENPOWER classes program will be held for young women 13-to-18 will be held June 22 at the post youth center.

The cost for the class is \$20 per family. For more information on the program contact Kathie Rawson at 526-2680.

Thoughts, myths and ideas to ponder.

Is it any coincidence that the Los Angeles Lakers have been playing far better basketball since Kobe Bryant decided to share the ball?

Boy, I guess the Toronto Raptors Vince Carter going to the University of North Carolina to receive his degree really hurt his team Sunday. After all, he probably would have made that last second shot that he barely missed if he didn't have to fly an hour and a half to get to Philadelphia.

I think Carter did the right thing by going to get his degree. If we have gotten to the point where a basketball game means more than getting a degree and setting an example... never mind.

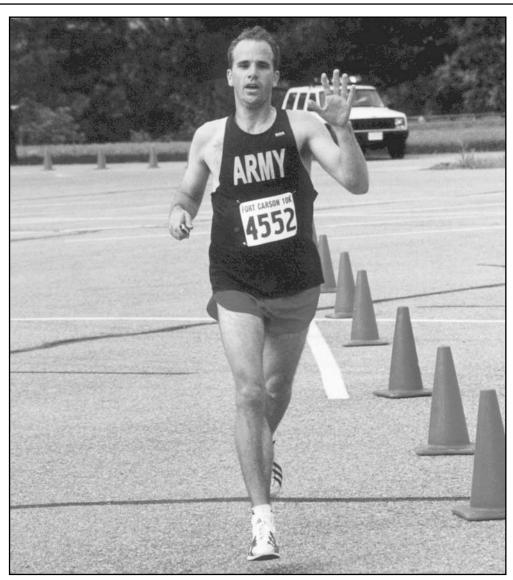


Photo by Walt Johnson

Finishing first in the race ...

Fort Carson running team coach J.P. Hendricks was the first runner to cross the finish line at Saturday's Armed Forces 10-kilometer run at the Post Physical Fitness Center.

Post Golf tournament draws 28 teams

by Walt Johnson Mountaineer staff

Under a cloudy sky with very little breeze, 28 teams took part in the post golf tournament Saturday at the Cheyenne Shadows Golf Course, according to tournament director Bill Reed.

The 28 teams played the tournament for the fun of the game and for the potential prizes awarded to golfers for expertise on certain holes.

The tournament will feature four special \$10,000 hole-in-one rounds on the par 3. It will also feature special hole prizes and the chance to win a trip.

Reed and the golfers on the course each said the event was just as good as they planned and the overcast weather made the day enjoyable for golfers.

Just watching the golfers going through the day's event, you knew something special and enjoyable was going on as the friendly competition among the teams heated up with every

Hole after hole, you could see people supporting each other and helping each other with the difficult shots the course offers. It was nothing to see each of the four people on the teams get together and figure out the best way to make the upcoming shot.

And of course, there was the competitor who came out with golfers who wanted to win the tournament championship and have bragging rights for this event.

"We are very pleased with the turnout and the way the tournament is going," Reed said on the ninth hole of the tournament. "Right now we are only four strokes back of the leaders so we are kicking butt and taking names," Reed added with a smile.

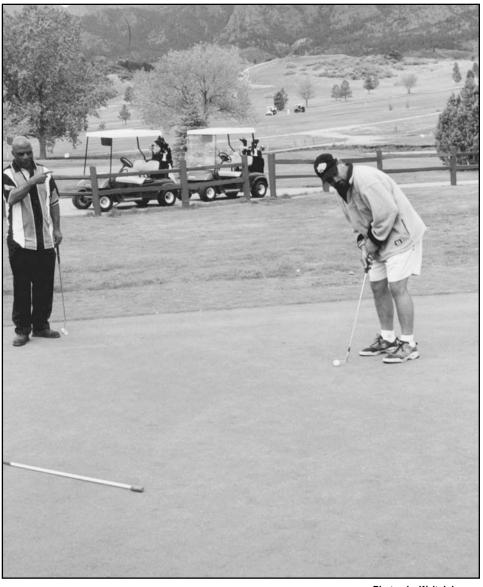
Stu Honicker was on the 11th hole waiting for a team ahead of them to finish their hole when he talked about what playing in the tournament meant to him.

"Golf is fun. This is a sport that it doesn't matter how good you are, the game is still fun. This is the first time I have played in a tournament like this and its been nothing but fun. The weather could have been better though," Honicker said.

The tournament came down to two teams: Reed's, which consisted of Dirk Hunter-Ellis, John Gagnon and Rosie Hartnett, and a team consisting of Casey Parks, Walt Buenning, Tim Arnett and Mike Mendoza.

The tournament was won by the team of Parks, Buenning, Arnett and Mendoza, when they eagled the 17th hole to finish 16 under for the tournament.

"Everyone involved had a lot of fun with this tournament. The good thing is the post will have a lot more of these types of tournaments in the future," Reed said.



Bill Reed, left, watches as his golf partner Dirk Hunter-Ellis buries a 15-foot putt during the post golfing tournament Saturday.

Mountaineer Sports Spotlight

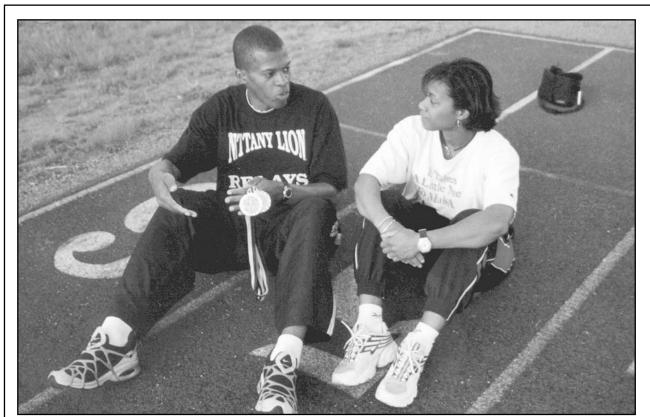


Photo by Walt Johnson

Mountaineer athlete of the week ...

Fort Carson's Anthony McGarity, right, tells 2000 Olympic athlete Trecia Roberts how he won one gold and one silver medal at the recent all-Army trials at the post track field adjacent to Forrest Fitness Center. McGarity is currently competing in national track qualifying events in hopes of earning a spot on the Army's World Class Athlete Program track team.

Bent's Old Fort

... older than Colorado



Visitors leave Bent's Old Fort following a tour. The fort looked like a palace to people coming off the Santa Fe Trail.

exico's border with the United States in the 1830s ran along the Arkansas River in what is now southern Colorado.

After the Lousiania Purchase in 1803, explorers, trappers, adventurers and pioneers started slowly exploring and settling the west.

Two adventurous brothers from Missouri decided to try to establish trading. Charles and William Bent, who had tried their hand at trapping, left St. Louis in 1829 with a wagon train of goods, heading for Santa Fe, 775 miles away. The venture proved very profitable for the brothers, partly because few traders made it that far.

The Bent brothers also discovered a market for trade goods along the way — trappers in the Rocky Mountains were eager to trade pelts for supplies and the Plains Indians were willing to trade buffalo robes.

The Bents, along with partner Ceran St. Vrain, established a base for their trade by building a fort on the north bank of the Arkansas River, on the United States side, in what is now southern Colorado, near La Junta.

The fort was on the mountain branch of the Santa Fe Trail. The fort

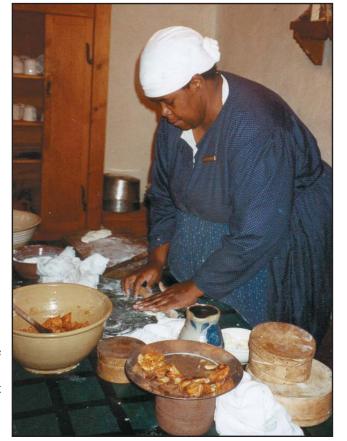
also was close enough to the Rockies and the Indian hunting grounds to be accessible to potential customers.

It took three years to construct the fort. Laborers from Mexico used adobe as the building material. Clay, straw, water and sand were mixed together and made into bricks, which were dried in the sun. The adobe held up well in the dry climate of the Colorado plains.

The original fort was 25,000 square feet and had walls 14 feet high and nearly three feet thick. There were 25 rooms on two levels surrounding the courtyard. There were two towers and a walkway around the top of the fort to provide visibility.

Called Bent's Fort, it was about halfway between St. Louis and Santa Fe. The fort was the only "civilization" along the Santa Fe Trail.

Charles Bent eventually moved to Taos and ran the trading company there. He married into a prominent Taos family and was appointed the first U.S. governor of New Mexico. "Kit"



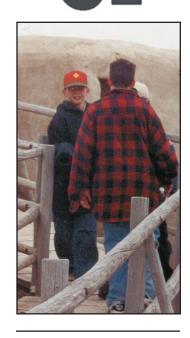
Phyllis Howard portrays Bent's Fort cook, Charlotte Green, making peach pies with ingredients and methods used in the 1840s.

Carson was his brother-in-law.

St. Vrain ran one of the company's stores in New Mexico, leaving only William Bent at Bent's Fort. William got along well with Indians who frequented the fort and who lived and hunted in the area. He in fact, married a member of the Cheyenne Tribe. Because of William's friendly relationship with the Indians, many important peace talks between warring tribes were held at the fort.

Bent's Fort was one of the most important trading forts on the frontier and was important to the Americanization of the western frontier. Every person who headed west stopped at Bent's Fort along the way — trappers, gold seekers, soldiers, adventurers, farmers and ranchers — and their families.

Visitors to the fort enjoyed luxuries which had not been available on the Santa Fe Trail and were able to drink



A pull-out section for the Fort Carson community

May 24, 2001



Teresa Kolloch tells visitors about the items which would have been stocked in the fort's store during the 1830s and 1840s.

See Bent's Old Fort, Page B-2

Bent's Old Fort

From Page B-1

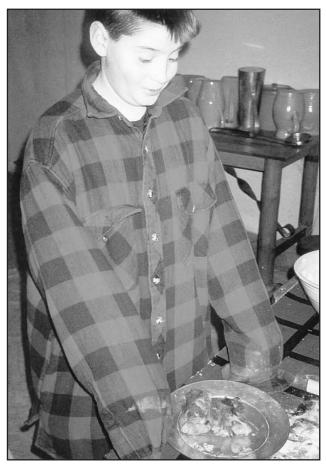
clear water from a well. The fort also had ice, harvested from the Arkansas River in winter and stored in sawdust. One of the luxuries offered at the fort was lemonade, made with lemon syrup. There was even a billiard table in Bent's Fort.

The fort was also a place for a good meal, as Charlotte Green, a slave, was well known for her cooking. She prepared meals for the owners and their invited guests — usually traders, hunters or guides. Most visitors at the fort cooked in their quarters or used the community cooking pot.

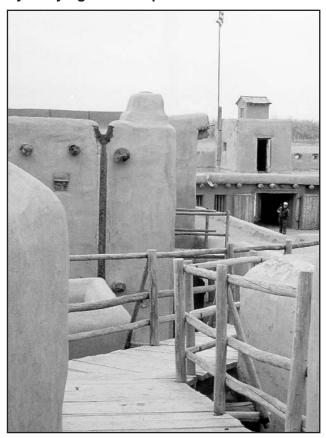
Demand for beaver belts declined when fashionable silk top hats replaced beaver top hats in popularity. The Bents then began focusing on trade with the Indians. Blankets, axes, firearms powder horns, tobacco, cloth, gunpowder and beads were typically traded for furs, silver, Navajo blankets and horses.

At one time Kit Carson gave up trapping to become a hunter for Bent's Fort. Another employee of the fort was James Beckwourth, who later established a trading fort at Pueblo and is given credit for starting that town.

In the 1840s the fort played a part in military



Visitor Cliff Kelley assists "Charlotte Green" by carrying the fried pies she cooked.



A walkway allows visitors to explore the upper level of Bent's Old Fort.

strategy as a staging point for the war with Mexico. There was also an influx of gold seekers and settlers who disrupted life at the fort; waterholes became contaminated, livestock ate all the grass and there was a cholera epidemic. Tensions escalated and the trade died off.

In 1847, after the death of Charles, William Bent tried unsuccessfully to sell the fort to the Army. A couple of years later he abandoned the fort and built another fort about

40 miles away and called it Bent's New Fort. The old fort was partially burned but for many years still served as a shelter for people who passed through the area.

Although local citizens first started a movement in the early 1900s to mark the old fort's existence, little came of it. The stone archway near the entrance to the fort site was built in 1929 but it was many years before historians became involved in restoring the fort. As a basisis for the restoration, historians used drawings made by Lt. James W. Abert, an engineer who had twice been at the fort and a diary written by 18-year-old Susan Magoffin during her lengthy recuperation stay at the fort.

Using similar materials and remnants of foundation and walls as guides, the reconstructed fort is believed to closely resemble the original. Reconstruction took about two years and was completed in 1976. The fort is popular with visitors, although it's rarely crowded. A visit provides an opportunity for children to learn first-hand about the settling of the West and the Western Frontier.

Bent's Old Fort is run by the National Park Service. Employees in authentic 1840s costumes role play, assist visitors and answer questions. A 20-minute video portrays the history of the fort.

Bent's Old Fort is open year round. In summer, guided tours are conducted five times a day, beginning at 9:30 a.m. The rest of the year, there are three guided tours each day, at 9:30 and 11 a.m. and 2:30 p.m. Visitors may also conduct self-guided tours. Entrance fees are \$2 per person; children under 5 are admitted free.

From September through May, hours are from 9 a.m. until 4 p.m. daily. The fort is closed Thanksgiving, Christmas and New Year's Day.

From June 1 through Labor Day, the fort is open from 8 a.m. until 5:30 p.m. daily.

Bent's Fort also holds special events, such as a "Santa Fe Trail Encampment" in July, a "Kid's Quarters," in August and a "Traditional Holiday Celebration" in December. Call (719) 383-5010 for information about special events.

It gets very hot on the Colorado plains during summer or fall days. Bring strollers, water and sunscreen if needed. There are no refreshments for sale at the fort.

There's a parking lot at the entrance and a gift shop which sells books about the fort, the Santa Fe Trail and western explorers. Post cards, videos, maps and a few souvenirs are also sold.

It's about a half-mile walk from the gift shop to the fort.

Nearby La Junta is a small town with a few fast-food outlets and local restaurants, but some are closed on Sunday. There are parks with picnic tables, barbecue grills and playgrounds in La Junta.



A group of Denver Boy Scouts visit Bent's Old Fort.



Dino Kelley, right, listens intently as Robert Kisthart, portraying a hunter, talks about life at Bent's Old Fort in the 1840s.

While in La Junta, you may want to visit the Koshare Indian Museum, located on the campus of Otero Junior College. Follow the signs — off Highway 50, take Colorado Avenue (south) to 18th Street, and go one block west.

The Koshare Museum is home to Boy Scout Troop 232, which has earned an international reputation as dancers of Plains and Pueblo Native American dances. The museum houses a large collection of native American art, pottery, beadwork, quillwork and jewelry. There is a \$2 entrance fee for adults. The museum also has a trading post, with authentic souvenirs and gifts.

Bent's Old Fort is located about 100 miles from Fort Carson, near La Junta. Take Interstate 25 to Pueblo, and at exit 100A take Highway 50 east to La Junta. Go through La Junta and take Colorado 194 north, following signs. It is about eight miles from La Junta to Bent's Fort.

Just the Facts

• Travel time 2 1/2 hours

• For ages all

• **Type** Frontier trading fort

• Fun factor ★★★★★ (Out of 5 stars)

Wallet damage \$ (entry)

\$ = Less than \$20

\$\$ = \$21 to \$40

(Based on a family of four)

Community Events

Family Readiness Center

The Financial Readiness Debt Management Program is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For information, call 526-0449.

Army Family Team Building is a readiness program that provides family members and soldiers with an understanding of the Army. It combines the skills and resources needed to become more self-reliant and have a better sense of belonging to the Army family. Some of the topics covered are benefits, entitlements, military terms, customs and courtesies, child care and education. For questions regarding the AFTB classes taught in Spanish or English, call 526-0461.

CThe Financial Readiness Program, with Security Federal Credit Union, presents a class on Credit Builder Plus Seminar, June 28 from 4 to 5:30 p.m. The class provides information on establishing and re-establishing credit. Contact Patricia Randle at 526-4590.

Miscellaneous

Fort Carson invites the public to learn about environmental restoration projects on post at quarterly Restoration Advisory Board meetings. RAB meetings offer informative presentations on a variety of ongoing cleanup projects. For information or to join, contact Jim Henderson at 526-8001.

Directorate of Public Works announces that a water tank is being erected on the hill northwest of Titus and Harr. Construction will be continuing through August. Due to this area being a construction site, please do not enter on foot or vehicle unless official government business is being conducted. For information contact Kandy McBrite at 526-9239.

Fort Carson yard sales are held the first Saturday of each month at the Beacon School parking lot. If the weather is inclement, then the yard sale falls to Sunday or the following Saturday. Yard sale dates are: June 2, July 7, Aug. 5, Sept. 1, Oct. 6, Nov. 3 and Dec. 1

Rogers Elementary School's Track and Field Day is May 31. The school is located at 110 S. Circle Drive. They need volunteers to help with this event from 8:45 to 11:30 a.m. For information contact Pam Sheffield at 520-2202.

Equal Employment Opportunity Office continues with its presentations of human relations topics for civilian employees. The following training classes will be conducted from 8:30 to 11 a.m. in the Cedar Room at the Family Readiness Center: Video session: Family and Medical Leave Act; How and When To Settle Complaints and Other Employment Lawsuits, May 30. Fill out a form at the EEO Office, building 1659, 1675 Barkeley Ave. to register for the class you select. Because seating is limited, priority will go to Fort Carson civilian AF/NAF employees. You will be notified prior to the class if registration is approved. For information contact your training coordinator or call EEO at 526-4413.

The Armed Services YMCA connects military personnel and their families to the community through YMCA programs. The YMCA of the Pikes Peak region provides reduced membership for military personnel grades E-5 and below as well as financial assistance for low income participants. The YMCA also maintains an Airport Information Center at the Colorado Springs Airport to help incoming personnel orient themselves to the community. For more information, call 393-9620, or click on the Web site www.ppymca.org.

Pregnant Family Member Exercise Program—Moms in Motion exercise program for pregnant family members of an active duty or retired Army soldier at Evans Army Community Hospital. A required educational class prior to beginning the exercise portion will be taught on Tuesday and monthly thereafter. To register, call TRICARE at 264-5000.

Abandoned vehicle lot, sealed bid sale will be May 26 and 27, bid times are 9 a.m. to 4 p.m. Opening of bids will be May 30. Contact Travis Horn, at 524-1146.

The Family Member Employment Assistance Program will be hosting a Career Fair June 1 from 10 a.m. to 2 p.m. at the Army Community Service building in the Aspen Room. There will be many employers from the Colorado Springs area. Contact Mercedes Jamieson at 526-0467.

The Family Member Employment Assistance Program presents a Resume Workshop June 6 from 1 to 2 p.m. at the Army Community Service building in the Cedar Room. The workshop will include a variety of resume styles. To register contact Mercedes Jamieson at 526-0467.

Fort Carson community Town Meeting will be June 6 at the Elkhorn Conference Center, 6 to 8 p.m.

Take Off Pounds Sensibly — TOPS — Club meets each Thursday at the Grant Library in the conference room. Weigh-in time is from 5:30 to 6:15 p.m. Meeting time is from 6:30 to 7:30 p.m. Contact Jane Boozer at 526-2181.

Summer pool hours: Outdoor pool opens May 25, Everyday 10 a.m. to 5:45 for open swim, including weekends and holidays.

Preschool swim class in the indoor pool are Saturdays 10:15 to 10:45 a.m. There are five classes per session at \$10 per month. The next session starts Saturday and also May 26.

Water aerobics are offered on Tuesdays and Thursdays, 10:30 to 11:30 a.m. for low impact and 5 to 6 p.m. for high impact. Call 526-3122 or 526-3107 for program information.

Memorial Day ceremonies: Monday, May 28, 9:30 a.m., Community raising of the flags: Old Glory, POW-MIA, Korean War Anniversary, Army, Navy, Air Force, Marine Corps, Coast Guard. Officiant Chaplain Bill Leonard, U.S.N. Ret., Veterans Honor Court, Shrine of Remembrance, 1730 E. Fountain Blvd. Pikes Peak Veterans Council Ceremony, 11 a.m., speaker: Lt. Gen. Roger DeKok, vice commander, Air Force Space Command, with placement of memorial wreaths. Memorial Park, (inclement weather site: The Retired Enlisted Association, 834 Emory Circle). Contact Carmen S. Pesek at 570-9158 or Col. Jim Rix at 265-1993 or 634.1508

National Trails Day Event — help clean North Cheyenne Canon Park. June 2 from 9:30 a.m. to 1 p.m. Meet at Starsmore Discovery Center, 2120 South Cheyenne Canon Road, ages 14 and above. Call 578-6146 to pre-register and additional information on what to bring.

The Fort Carson Commissary will be open Memorial Day. The hours of operations are 7 to 9 a.m. for early shoppers and 9 a.m. to 5 p.m. for regular shopping. Contact Steve Preciado at 526-5644 for information.

Head Start and Early Head Start is now enrolling students. Community Partnership for Child Development/Head Start is now enrolling for its free infant, toddler and preschool programs for the 2001-2002 school year. If you live in El Paso County you may qualify for one of CPCDs free child development programs. Contact Lynda Hanwella at 635-1536 for information.

SHARE Colorado June sign up will be June 1, 4 and 5 from 11:30 a.m. to 1 p.m. at The Friendship House. For more information call 526-4590.

The Greenway and Nature Center of Pueblo has scholarship funds available for its Summer Ed-Venture programs. Pueblo School District 60 has provided funds to cover one-half the cost of registration fees to District 60 students. Space is limited so register early. Contact Rink Somerday at 549-2478.

Father's Day Celebration at Turkey Creek Ranch June 14 from 3 to 6 p.m. at the Corral picnic area. Pony rides, face painting, music, hayrides, father/child activities (moms are welcome, too). Contact Army Community Services at 526–4590.

Celebrate Women's Day Sunday 3:30 p.m. at St. John's Baptist Church. The guest speaker will be Brig. Gen. Toreaser A. Steele. St. Johns's Baptist Church is located at 902 S. Prospect. Contact Earline Smith at 633-7017 for more information.

Annual leave donors are needed for Kathleen A. Bryant, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Michael A. Moon, an employee of Medical Department Activity. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Jacqueline Booker, an employee of Medical Department

Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for JoAnn Avery, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Felicia Yvonne Moore, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Dawn Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Judith L. Dutt, an employee of the Fort Carson Public Affairs Office. The leave is needed to cover her absence due to the exhaustion of her available paid leave following surgery. For more information, call 526-8399.

Annual leave donors are needed for Linda S. Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for Stacey L. Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Annual leave donors are needed for George Bobo, an employee of Department of Environmental Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-1684.

Annual leave donors are needed for Dolores Jean Ontiveros, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

Volunteer Recognition The installation's annual volunteer recognition picnic and awards ceremony will

be June 2, from noon to 3 p.m. at Iron Horse Park. Agencies need to submit nomination packets for volunteers who meet criteria. Nomination packets must be submitted by today to the Installation Volunteer Coordinator, 1500 Wetzel, building 1526. This is to ensure that awards can be processed through the Mountain

Post, FORSCOM, and Department of Army in time for presentation at the June event. All volunteer hours for the year 2000 should have been submitted to the IVC yesterday. Please contact the IVC, Gwendolyn Ragle at 526-8303 for assistance.

Youth

Child and Youth Services is offering track and field activities. The season ends Aug. 2. This is an individual sport and will be coached by Joseph Gentry (retired Army Olympic coach) and his staff. Open to youth ages 8 to 14. Contact Darrilyn M. Young at 526-1100 or 526-1101.

Child and Youth Services is offering summer camp for grades (going to) first through (going to) eighth. Camp hours are from 6 a.m. to 6 p.m. We will offer transportation to District 8 on-post summer school. Registration starts Monday and is ongoing. Register for a week, month or the entire summer. Contact Darrilyn M. Young at 526-1100 or 526-1101.

Opportunities for youths in 5th grade will be available only in our Summer Camp and Before and After School program, Monday through Friday. This age group will no longer be allowed to participate in open recreation programs offered in the Youth Center, building 5950. Every month Child and Youth Services will offer two weekend activities for youth going to 5th grade or in 5th grade. Activities for June will be Laser Quest on June 9 and Joy Rides on June 23. Participation in the Youth Center activities will be limited to Middle School and High School students. For information contact 526-3368.

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CG's Newcomers Briefing will be June 8, 1:30 p.m. at the McMahon Theater. It is mandatory for all newly assigned officers and soldiers to attend. Family members are welcome. Free child care is available by calling 524-0151.

Green to Gold Briefing: Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 124 of the Education Center. If eligible, you may get a bachelor's degree and become a second lieutenant. If you have any questions contact Capt. Cindi Basenspiler at 262-3236. No appointment is necessary to attend the briefings.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as a private first class, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The Army Career and Alumni Program Center now has set times for clearing. Monday through Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m., Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday 7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions, call 526-1002 or 526-0640, or visit the Web site www.carson.army.mil/ACAP/acap.html.

The Fort Carson Waiting Families Program is here for spouses of soldiers on unaccompanied hardship tours and extended deployments. Call Barbara McYoung at 526-4590 for more information.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

The Army Learning Center, Testing Services and FAST classes will be closed Friday through Monday. Contact Virginia Frazier at 526-5544.

Better Opportunities for Single Soldiers
BOSS Executive Council meets the first
Wednesday of each month at 10 a.m. at the BOSS
Office, building 1217, room 227. The Post BOSS
meeting, for BOSS Representatives, meets the
second Thursday of each month at Christopher's
from 1 to 3 p.m.

Legal Notice

With deepest regrets to the family of Spc. James L. Brown Jr., Group Support Company, 10th Special Forces Group (Airborne), deceased. Anyone having claims against or indebtedness to the Brown estate should contact CW2 Ricky T. Glenn, Summary Court Officer at 524-3198.

Affirmative Procurement Training Class is July 18, 9 a.m. to noon at Elkhorn Conference Center Columbine Room. The Directorate of Environmental Compliance and Management paid for the instructor; there will be no direct cost to participants. The class is on a first come, first served basis, 15 slots remain. The training will educate installation-level personnel on their responsibilities under Executive Order 13101 (Greening the Government). The target audience is anyone in procurement, contracting, environmental, logistics, credit card holders and product users. Contact Burla Martin at 526-0973 or e-mail:

Burla Martin@carson.armv.mil.

National Apprenticeship Program U.S.
Department of Labor informational workshop June 21, 12:45 to 2 p.m., building 1219, Army Career Alumni Program classroom. Contact ACAP at 526-1002 or 526-0640.

547th Engineer Battalion (Cbt) Association and its attached units (552nd and 1328th) is holding its 15th annual reunion in Durham, N.C. Aug. 2 to 5. Contact John Joyner at (919) 596-7940 or Ursula Allen at (253) 582-4649.

Records Management Class will be held June 13, 9 a.m. to 4 p.m., in building 1550, classroom A, for all units and activities. This course will include instruction on the Privacy and Freedom of Information Acts, the Modern Army Recordkeeping System, and Army Correspondence and Forms Management. Military and Department of Army civilian personnel must submit a memorandum with name, rank, organization and point of contact to Directorate of Information Management, Management Services Branch by close of business June 7, (fax: 524-0682). Attendees are requested to bring writing supplies and a copy of AR 25-400-2 dated Feb. 26, 1993. Contact Duane Gregorich at 526-2107 or e-mail: duane.gregorich@carson.army.mil .

Records Management will conduct the following Modern Army Recordkeeping Systems classes: July 18, 9 a.m. to 3 p.m., building 1550, classroom A, supense date: July 12; Aug. 15, 9 a.m. to 3 p.m., building 1550, classroom A, supense date: Aug. 10. Personnel wishing to attend must submit a memorandum with full name, rank, organization and point of contact with telephone number to Management Services Branch, by the suspense dates above. Attendees are requested to bring a copy of AR 25-400-2 (MARKS) to class. Contact Duane Gregorich at 526-2107, fax: 524-0682. or e-mail: duane.gregorich@carson.army.mil.

Attention: all active duty and retired Medical Service Corps officers and Army Medical Specialist Corps officers serving on Fort Carson. The Fort Carson Silver Caduceus Society is getting back off the ground. The Fort Carson Silver Caduceus Society is a private association, open to all MSCs and AMSCs on Fort Carson, dedicated to: furthering professional knowledge; keeping abreast of current developments in technical, administrative and scientific subjects, meeting periodically with our DOD and civilian counterparts, providing charitable benefits to the community in which we serve. Contact: Capt. Noel Christian Pace at 526-7233 or e-mail: noel.pace@cen.amedd.army.mil

The Mountain Post Chapter of the National Infantry Association is looking for current and new members to join the newly formed chapter. The chapter works with and assists infantrymen in perpetuating the history of the infantry soldiers and units, with events like picnics, meetings and sponsored events, contact Jonce Hamm at 526-6347.

Inoperational, unregistered or unlicensed vehicles parked will be cited and towed. Abandoned vehicles will be towed away, with the cost paid by the owner. An abandoned vehicle is defined as one that is left unattended for more than 30 days, or one that is unlicensed and/or unregistered. Once the Military Police ticket the vehicle, the owner has 72 hours to make the vehicle operational or to fix the deficiencies. Also, towed recreational vehicles, utility trailers, unmounted truck camper bodies, selfpropelled RVs and boats will not be parked anywhere on post, to include housing areas, except during weekends, or for a 24-hour period before and after use. A recreational vehicle/equipment storage facility is located adjacent to building 6074. Contact Sergeant Major John Hickenbottom at 526-0423 or 526-5601.

Sustaining Base Leadership and Management course deadline to enroll is June 5. This college-level course starts Sept. 17 at the Army Management Staff College, Forr Belvoir, Va. The course is specifically designed to educate civilian and military personnel who will become the future leaders of the sustaining base. Civilians in grades GS-12-14 may apply online. GS-11s and 15s may apply by exception. Majors and lieutenant colonels can request attendance through their branch managers. Online applications must be approved by supervisors and reach headquarters, Department of the Army by June 5. For further information, the AMSC Web address is www.amsc.belvoir.army.mil .

The Directorate of Logistics Hazardous Materials Control Center will conduct its monthly meeting for all assigned Hazardous Material Custodians on June 13 at 1 p.m., building 8000, DOL main conference room, second floor. Attendance is required. Contact Bob Gravelle at 526-4210.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication date.



Attention softball coaches and players: The 13th Annual "Weekend Bash" softball tournament will be held June 23 to 24 in Tucson, Ariz. The champions will have their choice of new gloves or bats. The top four teams will receive awards. Take your intramural squad to this tournament; for information contact Greg Manning at (520) 228-5478.

Fort Carson Youth Sports needs volunteer coaches for several upcoming sports seasons. No

experience is necessary, as all leagues are developmental. For more information, or to volunteer, call 526-1233.

Forrest Fitness Center is now offering "Cycle Reebok" to all 1D card holders. Classes are held six days a week, Mondays at 5 p.m., Tuesdays at 3:30 p.m., Wednesdays at 5:40 a.m. and 5 p.m., Thursdays at 3:30 p.m., Fridays at 4 p.m. and Saturdays at 9:30 a.m. Classes are 50 minutes long, and first timers should arrive 15 minutes early. For more information, call 526-9120.

Be a part of the world's largest 10-mile race, register on-line. The 17th Annual Army Ten-Miler will be held Oct. 14, 2001, in Washington, D.C. This year's runner field has increased to 18,000 participants. Registration will remain open until Sept. 14, at 5 p.m. EST or until the runner field is full.

Don't delay, register today at www.armytenmiler.com .

2002 Olympic Torch Relay. Chevrolet is currently searching for inspirational Americans to carry the Olympic flame during the torch relay. For a nomination form or a list of Chevrolet dealerships in your area contact Lindsay Woods at (404) 875-1444, ext. 250.

Fort Carson Officers' Wives' Charitable Association Celebrity/VIP Golf Classic, June 1 at the Cheyenne Shadows Golf Course. Check in at 11:30 a.m., 12:30 p.m. scramble. Awards, dinner and social following tournament. Price includes 18-hole cart and green fee with GPS and par view system, registration fee, complimentary driving range, dinner and a goodie bag. For registration information contact Tina Price at 538-8472 or Karen Hayes at 538-0166.



State Fair concerts

Tickets are now on sale for this year's concerts at the Colorado State Fair at the fairgrounds in Pueblo. Country performers Brooks and Dunn will perform Aug. 24; The Kinleys perform Aug. 20, Billy Gilman is at the State Fair Events Center Aug. 31 and John Michael Montgomery appears Aug. 25. Other performances are by Randy Travis, Chris LeDoux, Terri Clark, 98 Degrees, Tracy Lawrence, KC and the Sunshine Band, Engelbert Humberdinck, the Beach Boys, Mel Tillis and Kansas. People who buys tickets before May 26 receive a free State Fair gate admission. Concert tickets range from \$6 to \$30, and concerts begin at 8 p.m. TicketMaster, 520-9090, or Colorado State Fair Box Office at (800) 876-4567, ext. 2070. You can check out the list of entertainers by going online at www.coloradostatefair.com.

Stomp

"Stomp" returns to the Pikes Peak Center June 12 to 17. Tickets for the sounds and rhythms group start at \$26; call 520-7469.

Music Theater

"Forever Plaid," an encore presentation by the Repertory Theater Company of the Fine Arts Center, will be in the Fine Arts Center theater June 29 and 30, July 6 and 7 at 8 p.m. Tickets are \$22 at the Fine Arts Center box office, 634-5583.

Children's Theater

"Jack and the Beanstalk" is in the Fine Arts Center, 30 W. Dale St., June 12 through 16. Tickets are \$3 at 634-5583.

Organ concerts

There are free theater organ concerts
Thursdays at noon through July in the City
Auditorium, at the corner of Kiowa and Weber.
Bring your own lunch or buy a box lunch on site,

and enjoy the free concert and a silent movie. New theater season

The Air Force Academy has announced its metheater season. Wayne Brady appears Aug. 6. Other shows are "Crystal Gayle and Larry Gatlin," Sept. 23, "The Fab Four," Oct. 20, "Ragtime," Nov. 5, "Christmas from Dublin," Dec. 8, "My Fair Lady" is Feb. 2, "Titanic" is April 6 and "Lavay Smith and Her Red Hot Skillet Lickers" appear April 27. Call the box office at 333-4497 for tickets information.

Royal Gorge

Armed Forces Month is observed at the Royal Gorge Bridge during May, when servicemembers and their families get in for half price. The bridge is about 12 miles west of Canon City on Highway 50.

Aircraft museum

"Open Cockpit Day" at the Pueblo Weisbrod Aircraft Museum is Saturday, from 10 a.m. to 2 p.m. The Bell H-47 helicopter, such as used in the M*A*S*H TV series, is open to visitors. The museum is at the Pueblo Memorial Airport, off Highway 50 East. The museum is open 10 a.m. until 4 p.m. weekdays,10 a.m. to 2 p.m. Saturdays. and 1 to 4 p.m. Sundays.

Bluegrass fest

Pueblo's Greenway & Nature Center holds its 12th annual "Bluegrass on the River" festival. Music will be provided by Elliott's Ramblers, Bluegrass Patriots, Open Road Bluegrass Band, Ryan Shupe & Rubber Band, Black Rose, Pagosa Hot Strings, Mountain Road Celli Band and many, many more, filling 33 hours of entertainment. There'll be a Saturday night dance, clogging exhibition, arts and crafts. No pets or personal alcohol containers are permitted on the festival grounds. Adult admission for ages 12 and up is \$17 for a weekend pass, \$11 for a Saturday pass and \$8 for a Sunday pass. A child admission, ages 7 to 11, with a paid adult is \$3 for a weekend pass or \$2 for a single day. Children under 6 are admitted with a paid adult. Camping fees for the weekend are \$15 and \$20. For more information, call (719) 549-2414 or go online, www.uscolo.edu/gnc/bg.html .

Territory Days

Old Colorado City celebrates Territory Days Memorial Day weekend with lots of activities, food and fun along Colorado Avenue, between 24th and 27th Streets. Festivities start at 10 a.m. each day, and last until 7 p.m. Saturday and Sunday, and Monday until 6 p.m. \$1 shuttle rides are available from Coronado High School.

Automobile art

Pueblo's Sangre de Cristo Arts and Conference Center has exhibits with an automo-

bile theme — "Customized and Converted: The Art of the Automobile," is the theme. Several galleries have related art inspired by the automobile, including photos, painting and sculptures. Full size cars are on display, along with antique hubcaps, lowrider art, Volkswagen bug photographs, a hot rod art exhibit and filling station memorabilia. Admission to the Arts Center is \$4 for adults and \$3 for children. Hours are Monday through Saturday, from 11 a.m. to 4 p.m. The art centers is at 210 N. Santa Fe

Ave., exit 98b off Interstate 25 going south.

Balcony dining

The Fine Arts Center hosts dining on the balcony through Labor Day. This year's host restaurant is the Dale Street Café, and lunch is served between 11:30 a.m. and 2:30 p.m., Monday through Friday. The menu includes salads, sandwiches, soups and pastas. Entrance to the museum gallery is free to lunch guests. Reservations are suggested; call 634-5581. The Fine Arts Center is at 30 W. Dale St.

Mountain Man Rendezvous

The annual Memorial Day Shoot and Rendezvous at Florence Mountain Park, four miles south of Florence and west of Highway 67, includes shooting contests, trading and camping. Call 598-

5715 for more information.

New 3-D film

Opening at Cinemark IMAX theater Friday is the 3-D film "Encounter in the Third Dimension," featuring Stuart Pankin and Elvira, Mistress of the Dark, portrayed by Cassandra Peterson, who is from Colorado Springs. Elvira will be signing autographs at the Cinemark IMAX Theatre today from 5 to 8 p.m. Today's screenings are by invitation only, although, space permitting, there may be a 9 or 10 p.m. showing for the public. The Cinemark theaters are just off Powers Boulevard just north of Constitution on the city's east side.

Buffalo Bill exhibit

It's the last chance to see the **Buffalo Bill's Wild West Exhibit** at the Colorado History Museum 1300 Broadway in Denver. The exhibit is filled with artifacts, posters, photographs old film and personal effects of Buffalo Bill. The exhibit closes May 28. The museum is open 10 a.m. until 4:30 p.m. Monday through Saturday, and Sunday noon until 4:30 p.m.

Jazz

Denver' Mayor's Jazz Festival at Red Rocks is set for June 8, 9 and 10; featuring 11 Jazz groups. The performers include Big Bad Voodoo Daddy and Hazel Miller, among the jazz musicians appearing. Tickets begin at \$25, or get a three-day pass. Call TicketMaster or go online at www.redrocksonline.com for information.

Music fest

Michael Martin Murphey's **WestFest** will be in Colorado Springs this year, on the grounds of Colorado Springs Pioneers Museum, July 7 to 9. Call 576-2626 for tickets, which are \$25 for a day and \$40 for the weekend.





Powers Dental Group

Pvt. Murphy

by Mark Baker





Program Schedule for Fort Carson cable Channel 10, today to today to June 1. Mountain Post Magazine: Stories on and

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. The program airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on the black berets, bridge building in Bosnia and Earth Day at the Atlanta Zoo (repeat). The program airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on privatized housing, missile security and the Global Hawk. The program airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on the MV22 Osprey program, the USS Kitty Hawk's 40th birthday and the 2001 Armed Forces Women's Basketball Championships. The program airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign

language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Douglas Rule at 526-1241 or via e-mail at:

Douglas.Rule@carson.army.mil .

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have story ideas for Mountain Post Magazine, contact Richard Bridges or 1st Lt. Nadia Calderolli at 526-1265, 1253 or 2941, or e-mail Richard Bridges@carson.army.mil or Nadia.Calderolli@carson.army.mil

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.

Mountain Post Magazine is shown on Adelphia cable channel 13 or WANT-TV 103 on Monday at 2:15 p.m, Thursday at 4:15 p.m. and Saturday at 10:15 a.m.



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